



**August 20th  
Through  
October 8th**

**Tri Yoga  
Saturdays  
9:00 am**

## **Tri Yoga & Tai Chi**

**The CAPERoom**

**Chattanooga Fitness Center at Warner Park**

**With**

**David Nazar**

TRI YOGA: Saturday mornings from 9:00 to 10:15 a.m., starting August 20th, for eight weeks. Kali Ray Tri Yoga is a flowing gentle style of Yoga suitable for everyone, and especially helpful for people with back injuries. The cost for all eight classes is \$40.00.

TAI Chi: Saturday mornings from 10:30 to 11:30 a.m., also starting August 20th, and running for eight weeks. The slow, graceful movements of tai chi are as beautiful to watch and perform as they are good for your health and well-being. Learn Temple Exercises and the beginning of the Short Yang Form. The cost is \$32.00 for all eight classes.

SIGN UP FOR BOTH CLASSES FOR ONLY \$70.00 (All major credit cards accepted). Call (423) 503-2366 or e-mail at [dnaz@comcast.net](mailto:dnaz@comcast.net) to register or for more information about the classes. Register early as class space is limited.

DAVID NAZAR has been a certified yoga instructor since 1985, and has been teaching yoga and tai chi in the Chattanooga area for almost 20 years. David uses only positive reinforcement in his teaching.

**Tai Chi  
Saturdays  
10:30 am**



**PARKS  
RECREATION  
ARTS  
CULTURE**

